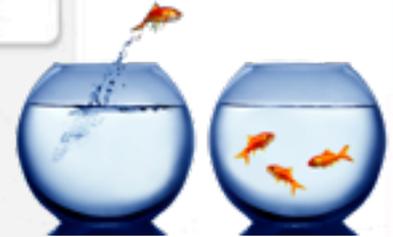




INSPIRATIONAL LIVING SERIES

The Art of Wonder



INTELLECTUALIZING

- ◆ Is effortful
- ◆ Is limited by what you already know
- ◆ Is contracted in nature

WONDERING

- ◆ Is effortless
- ◆ Opens possibilities and accesses deeper truth
- ◆ Is expansive in nature

Tremendous value is placed on our ability to think, analyze, scrutinize, evaluate, etc. And this value is not misplaced as the massive capacity of human intelligence is indeed an awesome creation. Yet, the emphasis placed on our intelligence has almost been to the exclusion of the other parts of who we are as human beings.

Within each of us lies a deep well of creative ability, intuition, inner knowing, innate talent and unique genius. By sensitively tuning into our bodies, emotions, and spirits we can gain deep access to information about ourselves, others, situations, and our environment. We gather useful information not available to our thinking mind and attract answers for any question we hold dear. **We do this through the simple (yet little used) process of wondering.**

Wondering is about being curious. It is about “not knowing” and being in an open state of anticipation to discover something new. Wondering is a whole BodyMind experience - not just a cognitive act. It allows you to tap into your deep intuition and your innate wisdom as you open to growth and unlimited possibilities. It is a learned skill that on the surface looks easy, yet it does require practice.

Wonder begins when you make the sound “hmmm...” out loud. This sound vibrates in your throat, soothing your cognitive mind allowing you to shift into genuine curiosity. When “hmmm...” is followed by a wonder question, curiosity opens and a new space is available for something new to occur... new insight, new creative ideas, new inspiration, and new growth. **Examples:** *Hmmm... I wonder how I can more comfortably speak up in groups? Hmmm... I wonder how I can easily double my income?*

“Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are written in a foreign tongue.

Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything.

Live the questions now., and perhaps you will then gradually without noticing it, live along some distant day into the answers.”
~Rainer Marie Rilke

Use the following sentence stems to create your own wonder questions:

- “Hmmm, I wonder how I can ...”
- “Hmmm, I wonder what it would take to/for...”
- “Hmmm, I wonder what would have to happen in order for...”
- “Hmmm, I wonder what would...”
- “Hmmm, I wonder where...”
- “Hmmm, I wonder who...”
- “Hmmm, I wonder when...”

